

All Risks Session 1–Slides 1-6 , Health history form, HOPE business card

Topic	Material	Advisor Text
Introduction	Guide 1	Thank you for joining today. I am (<i>name</i>), a pregnancy advisor with the HOPE project. We are working with women here at (<i>hospital name</i>) to help them have a healthier pregnancy.
Intro to HOPE	Guide 1	Our project is called the Healthy Outcomes of Pregnancy Education Project. Let me tell you how it got started.
Infant mortality	Guide 2	<p>1. Did you know that the District of Columbia has one of the highest rates of infant mortality in the country? The babies that die are mostly those that were born too soon--prematures--or too small.</p> <p>2. African American women have a much higher chance of having a baby born too soon or too small. The reason for our project is to find a way to lower the rate of infant mortality by helping women have healthier pregnancies</p> <p>3. We have teams at several prenatal clinics in DC as part of the collaboration of NIH with hospitals in the District for this project. <i>Refer to brochure</i></p>
Pregnancy risks	Guide 3	1. There are a number of problems that we think may lead to a chance that a baby will be born too soon or too small. Among the things that might happen to a woman that might affect her pregnancy are : (<i>Review slide</i>)
Effect of stresses	Guide 4	<p>1. When women are under these stresses they may behave in ways that are not good for their pregnancy. They may eat poorly and not provide the nutrition for their baby to grow well. They may not get enough exercise and put on weight, which increases their risk for high blood pressure and diabetes. They may be less careful about sexual practices, putting them at risk for STDs and other reproductive tract infections. They may try to cope by smoking, drinking or using drugs which all increase the chance of a baby born too soon or too small.</p> <p>2. Because of their problems, they may not set a priority to get to all of their clinic visits, which means that the doctors won't be able to catch a problem early.</p>
Reduce risk	Guide 5	1. Fortunately, by reducing your risk you increase the chance of having a healthy baby. Our program provides counseling to women who have risks that include depression, smoking, or an abusive partner to reduce their stress and the risk to their pregnancy. We also provide information on how certain sexual practices could effect the baby's development.
Risk profile	Guide 6	<p>1. So let's talk about your risks and how we can help you have a healthier pregnancy (<i>summarize screening results</i>).</p> <p>2. During your pregnancy, we will meet when you come for your prenatal visits. We will focus on helping you to better cope with or change some of your situations that might be harmful to your baby. How does that plan sound to you? Do you have questions?</p>
Health Background information	Health History form	<p>1. As we begin today, I would like to get to know a little more about you. You may have answered some of these questions before for the HOPE project but unfortunately we have to ask you these separately from the survey you did on the phone.</p> <p>2. As with all the information you provide to the project, this information is confidential to me and to my project staff. Neither this information nor anything we talk about during our sessions will be shared with the Clinic staff unless you wish me to (<i>Complete history form</i>). Let's get started.</p>

Topic	Material	Advisor Text
Smoking 1 Active,passive		SMOKING TEXT HERE
Depression 1		DEPRESSION TEXT HERE
Partner Abuse 1		PARTNER ABUSE TEXT HERE
Repro risk 1		REPRODUCTIVE HEALTH TEXT HERE
Review plan before the next session	HOPE Business card Date for Phone followup(if needed)	. 1.I will be available if you need to call me in between sessions to talk about something important. (<i>give HOPE business card</i>) 2.Of course, if an emergency arises related to your prenatal care, you should immediately call your physician or the clinic to get guidance. Your doctor is still in charge of your medical care. Do <u>not</u> wait to talk to me. 3. [If applicable] I will plan to give you a call in 2 weeks to hear how things are going and see if you need help with your plan.